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Ramadan Mubarak!

Asalamu Alaikum Islamic Bulletin Readers,

Walking through the mall recently, my eyes fell upon the most beautiful saying. "Speak in such a way that others love to listen to you. Listen in such a way that others love to speak to you." Such simple, yet profound advice. These words remind me of a beautiful saying of our Holy Prophet (SAW).

How I wish to become a person who speaks good, or remains silent. Oftentimes, I am quick to utter, then find myself thinking, "Did what I say cause pain or hurt someone's feelings?" If I truly condition myself to follow our Prophet's advice, I too, will become a person of wisdom......

What better time to condition ourselves than the month of Ramadan. We condition ourselves to not eat from sunrise to sunset, we condition ourselves to read more Quran, we condition ourselves to visit the masjid more frequently, why not condition ourselves to "speak good, or stay silent." Abu Hurairah (RA) relates relates that the Prophet Muhammed(SAW) said: "Whoever believes in Allah and the Last Day should speak a good word or remain silent."

Our current issue of the Islamic Bulletin is full of articles which praises and celebrates Allah (SAW), the Creator of the heavens and every single thing on Earth. In this issue, read about Suratul-Fatiha, the first chapter of the Quran, also referred to as the Mother of the Quran. These seven verses give Muslims simple, step-by-step direct dialogue with Allah, with instructions on guidance, praise and worship. With this direct dialogue to Allah (SWT), how can we stray?

Also in this issue is the story of Umar RA, inventor of the Hijri calendar, and his bumpy road to Islam. It was his sister's tremendous faith in the face of violence which led to Umar's acceptance of Islam.

And what about the camel, practically synonymous with desert living in The Middle East, the Horn of Africa and beyond? Read about this wondrous creation of Allah (SWT).

Also learn how Muslims can turn the age-old rallying cry of Atheists back on them by using Islamic wisdom, the Quran, and basic logic to place the burden of proof back in their lap.

Another article in this edition of The Islamic Bulletin focuses on how to be sure we are truly showing love for Allah. Can you honestly say you exhibit devotion to and love of our Creator?

Finally, finish up on a lighter --- and more delicious--- note. Check out the three recipes for our Traffic Light Soup...yes, you guessed it, one red, one yellow, and one green soup. Each inspired by a different country and culture, each scrumptious in its own right... And for the kids, a map puzzle highlighting the locations of the 25 prophets from the Quran.

Wishing you peace and blessings, Staff of Islamic Bulletin.





The story and life of Al Farooq Umar Ibn Al-Khattab is a beautiful story to know and share with others. It is a great part of the history of our religion, Islam.

Known as Abu Hafs, his full name was Umar ibn Al-Khattab ibn Nufayl ibn Abdul Uzza. His nickname Al Farooq (the Criterion) was given to him because of the way he showed his strength in Makkah and became distinguished for his faith in Allah.

His grandfather, Nufayl, was the one whom Quraysh referred to for judgment and his parents were Al-Khattab ibn Nufayl and Hantamah bint Hashim bin Al Mugheeraj. His forefathers had an outstanding history and Umar inherited their status and a great knowledge from them. Born in 583 AC, Umar grew to be tall, muscular and strong with a light, reddish complexion. It has been written that he walked quickly, spoke clearly and that a strike from him caused pain.

His early life

Growing up in Quraysh, his formative years were in the pre-Islamic years. Unlike most people in Quraysh, he had learned to read but had a harsh upbringing with no luxuries. Something that left a mark on him his entire life was the harsh way that he was treated by his father who forced him to tend the camels and livestock.

Besides working with the family livestock, something which taught him restraint, patience and toughness, Umar also excelled in sports during his youth. He was especially good at wrestling, riding and horsemanship. His talents and interests did not stop there since he took pleasure in listening and narrating poetry, history and had a great interest in the concerns of the people around him.

Over the years, Umar traveled to fairs in the region, including Syria and Yemen, where he took the opportunity to learn more about the history of the Arab nation, while he also traded, making him one of the richest men in Makkah. Umar's intelligence coupled with his status, which came through his family, was the reason why many people sought him out to help resolve disputes. Eloquent, well spoken, persuasive and respectable, Umar was the chosen ambassador of Quraysh. His duty was to speak for them before other tribes or to act as an ambassador in the event of a conflict.

Having lived through the pre-Islamic era, Umar respected his religions true nature, customs and traditions and he defended them with all his strength. Therefore, upon entering Islam, he immediately recognized its beauty and true nature.

His conversion to Islam

When Umar was 27 the Holy Prophet (PBUH) began his mission but Umar did not care for the message of Islam. He became angrier as the years passed and realized that Islam was gaining ground.

It was in the sixth year of the Mission, when a number of Muslim converts left for Abyssinia for fear of persecution, that Umar boiled with rage. He considered the Holy Prophet (PBUH), who was calling for the people to believe in one God alone and to reject all that they previously knew, to be the one responsible for splitting up the people who had been living well enough until a few years before. His own cousin, Umm Abdullah bin Hantamh was included in the group that was



leaving, and this aggravated him even further. It caused Umar great pain to see so many families broken up and all the people leaving their ancestral homes to follow Muhammad (PBUH). "He appeared on the scene," he thought to himself, "and has torn son from father and brother from brother. Now his followers have run away to another land. Surely, Muhammad is the cause of all the trouble. I must kill him and put an end to the trouble."

After a sleepless night, in the early hours of the morning, he went outside to find and kill the Holy Prophet (PBUH). Umar noticed him walking towards the Kabah. As Umar watched Muhammad (SAW), walking in his steady pace, a scene from the previous evening flashed before him and he recalled his conversation with Umm Abdullah.

"Yes, Umar, we are leaving. You have made life unbearable for us. Our only crime has been to believe in the one God. We have complete trust in Him. We know that He will guide and protect us so that we may be allowed to serve Him and worship Him in peace." He had opened his mouth to utter a curse to her but he was astonished to find that his eyes had filled with tears and he uttered the words, "May Allah be with you." Astonished, Umm Abdullah could not believe what she had just heard from her hardened cousin's mouth. She saw some softness she had never seen before.

As he approached Muhammad (PBUH), Umar noticed that he was already in the Haram, facing north towards Jerusalem and was praying and glorifying God. By this time he was curious to find out what was causing people to follow this man. As Umar heard the words uttered by Muhammad, he was struck by their power and how they turned his thoughts away from his anger. He recognized the sincerity and the integrity of Muhammad and left in deep thought. Entering his home as the first light of dawn appeared in the sky, his thoughts were embroiled and he felt confused.

Umar finally went to sleep but he awoke hardened again and was resolved to complete what he had started earlier. As he went on his way with his sword, he encountered another cousin, Sa'ad bin Abi Waggs. When Umar told him that he was on his way to finish off Muhammad; his cousin uttered: "You had better first set your own house in order. Your sister and brother-in-law both have accepted Islam."

Umar flew off towards his sister's home in a rage. She let him in after Khabbab (RA), who was

praying with the family, managed to hide away but forgot his manuscripts in the open. He started quarreling with his brother-in-law. When his sister came to rescue her husband, he also started quarreling with her. Yet still they kept on saying, "You may kill us but we will not give up Islam."

Upon hearing these words, Umar slapped his sister so hard that she fell to the ground and bled from her mouth. When he saw what he did to his sister, he calmed down out of guilt and asked his sister to give him what she was reciting. His sister replied in the negative and said, "You are unclean, and no unclean person can touch the Scripture." He insisted, but his sister was determined to not allow him to touch the pages unless he washed his body. Umar at last gave in. He washed his body and then his eyes fell on Surat Taha.

"Verily, I am Allah. There is no God but I, so serve Me (only), and establish regular prayer for My remembrance." (Qur'an 20:14)

At that moment the fear of Allah gripped his heart and he wept as he declared, "Surely this is the word of Allah. I bear witness that Muhammad is the Messenger of Allah." Khabbab flew out from where he was hiding and uttered, "O, Umar, glad tidings for you! Yesterday the Prophet (SAW) prayed to Allah: 'O, Allah! Strengthen Islam with either Umar or Abu Jahl, whomsoever Thou likest.' It seems that his prayer has been answered in your favor."

As the Prophet (PBUH) was sitting in the company of some holy men he saw Umar approach him. "Umar, what brings you here?" he asked. "O Prophet of Allah! I have come to embrace Islam." The air in Mecca was filled with shouts of joy from Prophet Mohammad (PBUH) and his followers: "Allah is Great!"

Umar declared his conversion to Islam and then gathered all the chiefs of Makkah. He announced to them his conversion to Islam and though they were shocked and angered they did not dare reproach him for his faith. Al Farooq became his name amongst the believers as he was not afraid to openly proclaim his faith. Umar requested that the Holy Prophet be allowed to say prayers at the Kabah. It was the first great congregation of people around the Kabah and the first ever prayer of its kind.

The conversion of Umar (RA) made a difference for Islam. Up until this time, the Muslims had lived in constant fear of the non-believers. Some of

them had not even made their faith known to the people. They could not say their prayers publicly. All this changed when Umar (RA) became a Muslim.

Unlike other Muslims who migrated to Medina secretly, when Umar left he first went to the Kaaba, fully armed, to pray. After praying he shouted to the chiefs, "I am leaving for Medina. If anyone wants to stop me, let him meet me across the valley. His mother shall certainly have to weep for him in sorrow."

Devoted to the Prophet (PBUH), Umar (RA) stood by him in all his battles and expeditions. No blood ties or friendships ever stood between his love for Allah and His Apostle from that day onwards.

Upon the death of the Prophet (PBUH), Umar (RA) was in shock and threatened to behead anyone who said that the Messenger of Allah was dead. His grief was overwhelming and he feared for what would happen to Islam and the Muslims. Abu Bakr (RA) reminded him of the verse in the Qur'an and by reciting these verses Umar (RA) came to his senses again.

"Muhammad is no more than a Messenger: many were the Messengers that passed away before him. If he died or were slain, will you then turn back on his heels? If any did turn back on his heels, not the least harm will he do to Allah." (Quran 3:144) During his caliphate, Abu Bakr (RA) depended on Umar (RA) for advice because of the high opinion that the Holy Prophet (PBUH) had also had for Umar (RA) during his lifetime.

Umar's appointment as Abu Bakr's successor When Abu Bakr knew that he was about to pass on he called the people together and asked them to help him appoint his successor. They put the matter in his hands and he decided that after much thought and prayer, he was appointing Umar as their new leader. Abu Baker asked the people to listen and obey Umar.

Umar (RA) succeeded Abu Bakr as a second Caliph on August 23, 634 AD and became known for his justice toward all people, whether Muslim or non-Muslim and was the first Caliph to be nominated as "Prince of the Believers." He was the second of the Rightly Guided Caliphs. During his reign, the Islamic Empire expanded across Iraq, Egypt, Libya, Persia, Khurassan, Eastern Anatolia, South Armenia and Sajistan. He brought Jerusalem (the third holiest city in Islam) under the Muslim Empire for the first time. Umar protected

the unity of the state, even though it consisted of an increasing population of varied ethnicities through his political wisdom and administrative ability.

Many beautiful stories have been written about Umar's contribution to his fellow man. He lived an austere life and cared deeply for the community of believers. He could not abide the thought of people going hungry, which led him to scour the streets day and night to see if his people were in need. In all the years of his reign, he would walk around the city at night to help people with problems or give them advice.

Accomplishments of Umar The Hijri calendar

In 638 ce, six years after the death of the Prophet Muhammad, Islam's second caliph, 'Umar, recognized the necessity of a calendar to govern the affairs of Muslims. This was first of all a practical matter. Correspondence with military and civilian officials in the newly conquered lands had to be dated. But Persia used a different calendar from Syria, where the caliphate was based; Egypt used yet another. Each of these calendars had a different starting point, or epoch.

In pre-Islamic Arabia, various other systems of measuring time had been used. In South Arabia, some calendars apparently were lunar, while others were lunisolar, using months based on the phases of the moon but intercalating days outside the lunar cycle to synchronize the calendar with the seasons. On the eve of Islam, the Himyarites appear to have used a calendar based on the Julian form, but with an epoch of 110 bce. In central Arabia, the course of the year was chartered by the position of the stars relative to the horizon at sunset or sunrise, dividing the ecliptic into 28 equal parts corresponding to the location of the moon on each successive night of the month. The names of the months in that calendar have continued in the Islamic calendar to this day and would seem to indicate that, before Islam, some sort of lunisolar calendar was in use, though it is not known to have had an epoch other than memorable local events.

There were two other reasons 'Umar rejected existing solar calendars. The Qur'an, in Chapter 10, Verse 5, states that time should be reckoned by the moon. Not only that, calendars used by the Persians, Syrians and Egyptians were identified with other religions and

cultures. He therefore decided to create a calendar specifically for the Muslim community. It would be lunar, and it would have 12 months, each with 29 or 30 days.

This gives the lunar year 354 days, 11 days fewer than the solar year. 'Umar chose as the epoch for the new Muslim calendar the hijra, the emigration of the Prophet Muhammad and 70 Muslims from Makkah to Madinah, where Muslims first attained religious and political autonomy.

The hijra thus occurred on 1 Muharram of the year 1 according to the Islamic calendar, which was named "hijri" after its epoch. (This date corresponds to July 16, 622 ce, on the Gregorian calendar.) Today in the West, it is customary, when writing hijri dates, to use the abbreviation ah, which stands for the Latin anno hegirae, "year of the hijra."

Because the Islamic lunar calendar is 11 days shorter than the solar, it is therefore not synchronized to the seasons. Its festivals, which fall on the same days of the same lunar months each year, make the round of the seasons every 33 solar years. This 11-day difference between the lunar and the solar year accounts for the difficulty of converting dates from one system to the other.

Converting Years and Dates

The following equations convert roughly from Gregorian to hijri years and vice versa. However, the results can be slightly misleading: They tell you only the year in which the other calendar's year begins. For example, 2018 Gregorian begins in Rabi' II, the fourth month of hijri 1439, and it ends in that same month in hijri 1440.

Gregorian year = $[(32 \times \text{Hijri year}) \div 33] + 622$ Hijri year = $[(\text{Gregorian year} - 622) \times 33] \div 32$ Online calculators can be found by searching "Gregorian-hijri calendar calculator" or similar terms.

The Martyrdom of Umar

One morning Umar (RA) went to the mosque as usual to lead the prayer. Abu Lolo was already hiding in the corner, with a dagger in hand. As soon as Umar (RA) began the prayer, the assassin jumped on him. He gave six cuts with the dagger on the Caliph's body. The horrified worshippers overpowered the assassin. Thereupon the wretch slew himself with the same dagger.

Umar (RA) kept lying in a pool of blood until the prayer was over. Then he was carried home. "Who is my assassin?" he asked. "Abu Lolo," said the people. "Allah be thanked!" said Umar (RA). "It is

not a Muslim who has shed my blood." A physician was called in to dress and treat the wounds of the Caliph. He said they were too deep to be healed. At this many people who stood around began to weep.

"Please do not weep," implored Umar (RA). "Have you not heard the Messenger of Allah say that the weeping of relatives adds to the torture of the dead person?"

Finding his end in sight, Umar (RA) called his son, Abdullah. "My son," he said, "go to Aisha. Give her Umar (RA)'s greetings. Do not refer to me as the Commander of the Faithful; for I am no longer one. Place before her my wish to be buried by the side of the Prophet (PBUH) and my illustrious predecessor."

Abdullah found Aisha weeping. He delivered his father's message to her. "I wanted to reserve this spot for my own grave, but I prefer Umar (RA) to myself," said Aisha.

Abdullah conveyed Aisha's consent to his dying father.

"Allah be thanked!" said Umar (RA). "This was the greatest wish of my life. But look, son, when you take my dead body to be buried, again give her my greetings, and ask her permission. If she allows, bury me there, otherwise bury me in the graveyard of Medina."

As the end drew in sight, Umar (RA) began to weep, because of the fear of Allah. "My son," he called out to Abdullah, "help me put my forehead on the ground."

Peace be upon Umar ibn Al-Khattab

"Fear Allah, for He alone lives; all other things are liable to perish." - Umar



Hijri (Lunar) Months And Their Meaning in Islamic Tradition

MUHARRAM

Means forbidden. The Islamic New Year starts on the first day. *Fasting on Muharram 10, known as the Day of 'Ashura', expiates the sins of the past year.

SAFAR

Literally means "void," It is said that Arabs used to leave their homes to escape summer heat.

RABIUL-AWWAI

Means the beginning of spring. *Mawlid al-Nabi (Birth of the Prophet) is on the 12th.

RABIUL-AKHIR

Means the end of spring, beginning of winter.

JUMADAL-ULA

Marks the first time when the land became parched or dry by summer heat or winter cold.

TUMADAL-AKHIR

Literally means "the last time of parched land".

RAJAB

'Rajaba' or 'sanctify.' Arabs used to sanctify this month by putting a halt to fighting during that month.

SHABAN

'Tash`aba', or go in different directions. Arabs used to disperse in this month seeking water and grass.

RAMADAN

From ramida or ar-ramad (scorching heat" or "dryness"). *Fasting starts on the 1st

SHAWWAI.

'Tashawwala', which refers to the scarcity in she-camels' milk. *Eid Al-Fitr also called Festival of Breaking the Fast is celebrated on the 1st of Shawwal

DHUL-QI'DA

It literally means "the one of truce". Early Arabs sat in this Forbidden month and ceased fighting.

DHUL-HIJA

"Pilgrimage." Hajj is 8–13th *9th is Arafah. Fasting on this day expiates sins of the past and the coming year.

*10th is Eid al-Adha

To enable Islamic Hijri calendar on iPhone, go to Settings, Calendar, Alternate Calendars, Islamic. The Hijri dates will now be displayed along with the Gregorian dates on the Calendar app and also displayed on the lockscreen.

Masjid al-Aqsa

that in around 621 CE the Prophet Muhammad (peace and blessings of Allah be upon him) Masiid al-Aqsa, in Jerusalem, is not only the Qibly mosque (with the silver/black dome) or translates as 'the farthest mosque' and is the third most holy place in Islam. It was here Prophets here is salah and then ascended to the heavens (Mi'raj) where he was taken in came on the night journey (Isra') from Makkah riding on the Buraq. He led all of the the Dome of the Rock but the whole region shown here. The name 'Masjid al-Aqsa' the presence of Allah and given the command of five times daily salah

Dome of the Rock

built by Caliph Abd al-Malik from 688 to 691 CE and houses the sacred rock from which it is said the Prophet (peace and blessings of Allah be upon him) ascended to Also known as 'Qubbatus Saqqara'. This structure was heaven with the angel Jibraeel (upon him be peace)

Dome of the Chain

This miniature version of the Dome of the Rock was also built by Caliph Abd al-Malik. It marks the exact centre point of Masjid al-Aqsa.

Throne of Sulaiman (upon him be peace)

Prophet Sulaiman (upon him be peace) passed away. It currently functions as a girls school. This building is located where it is believed

The Golden Gate

This is where Christians believe Isa (upon him be peace) will enter from in his second coming. Imam Ghazali is said to have written part of 'Ihya Ulum ad-Din' while residing above this gate. The gate was sealed in the 7th century.

The Burag Wall

sacred place for Jews. For Muslims it is known as the Buraq Wall as it is on this wall the Prophet (peace and blessings of Allah be upon him) tied Also known as the 'Wailing Wall' or the 'Western Wall', it is the most the Buraq, the riding animal which he rode on when he came from Makkah to Jerusalem.

Masjid al-Buraq

corner, is believed to be the actual place where the Prophet (peace and blessings This small structure, in the south-west of Allah be upon him) tied the Buraq.

Masiid al-Qibl

(peace and blessings of Allah be upon him) entered

This is the area from where it is said the Prophet from during the night of Isra'. The second Caliph

The Moroccan Gate

Umar (may Allah be pleased with him) is also said to have entered from here when he came to Masjid al-Aqsa. Today, the Moroccan Gate is the only

access point for non-Muslims to enter the

sanctuary

pleased with him) and was situated in the south-east corner. Masjid al-Qibly was modified several times with the present structure built in 1034 CE. The front is aligned directly towards nearest to the 'Qiblah', the direction of prayer. The masjid was originally a prayer room built by Caliph Umar (may Allah be This structure is known as Masjid al-Qibly as it is located the Ka'bah in Makkah.

Musallah Marwani

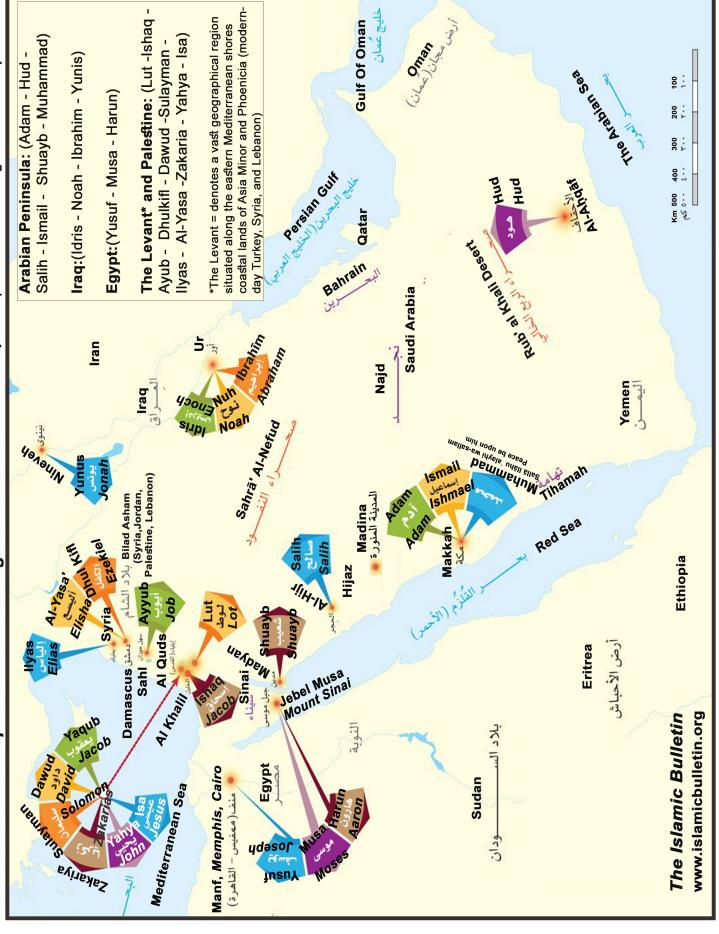
courtyard, was constructed by the Umayyads in the 8th century and has recently been renovated. The Prophet Isa (upon him be peace) is said to have been brought up here in his infancy by his This vast underground area, below the paved mother Maryam (upon her be peace)

*The Dome of the Rock (Qubbatus Saggara) is mosque but is actually part of Masjid al-Aqsa. often mistakenly referred to as the al-Aqsa

This is a Muslim cemetery outside the eastern wall. It contains the graves of two sahabah, Ubadah bin Samit and Shaddad bin Aus (may

Allah be pleased with them)

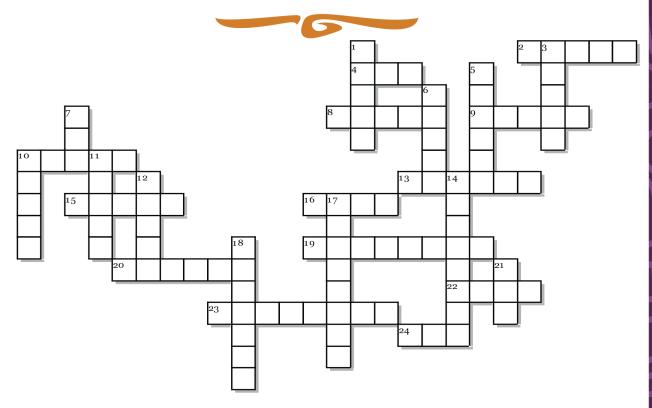
Bab-ur-Rahmah cemetery





25 Prophets Mentioned In The Quran

How Many Can You Name Without Looking?



ACROSS

- 2 The brother of Prophet Musa
- 4 The nephew of Ibrahim, his wife was not saved from the shower of stones
- 8 He slew the giant Goliath. The father of Prophet Sulayman
- 9 He had 12 sons, one of which was Yusuf
- 10 Was the son of Prophet Zakariya
- 13 The son of Prophet Ibrahim and Hagar who was to be sacrificed
- 15 The father of Prophet Yaqub
- 16 The first man
- 19 He knew the language of the birds. Sent a letter to the Queen of Saba (Bilqis) in Yemen
- 20 Sent to the people of Madyan
- 22 He parted the Red Sea with his stick and crossed with the children of Israel
- 23 He took care of Maryam
- 24 The Prophet sent to the tribe of Ad

DOWN

- 1 Warned his people not to worship the idol Ba'l
- 3 Had great patience and was tested by the loss of his health, family, and wealth
- 5 Mentioned in the Quran with Ismail and Dhul Kifl
- 6 A man of truth raised to a high station
- 7 Allah commanded him to build an Ark
- 10 Swallowed by a Big Fish
- 11 He had the power to interpret the meaning of dreams and was very handsome
- 12 The Prophet sent to the tribe of Thamud, and warned them not to kill the she camel
- 14 The last prophet sent to Allah for all mankind
- 17 Mentioned in the Quran with Ismail and Al Yasa
- 18 He built the Ka'bah with his son, Ismail
- 21 Son of Maryam, healed the blind and lepers



Sonny Bill Williams – Finding Islam

Born in Auckland, New Zealand, Sonny Bill Williams has known fame and controversy from a young age. Gifted with sporting talent, Williams was a competitive sprinter, champion high jumper and cross country runner while still a child. Even though his father was an accomplished rugby league player, it was his mother who introduced him to rugby.

At 17, Sonny was the youngest player to be offered a contract to play in the Rugby League for the Sydney Bulldogs junior grades. He advanced up the ranks quickly and in 2004, he was the youngest player to play in a test match for the Kiwis.

Watch video Sonny donating his gold chain to 14 year-old: www.islamicbulletin.org/videos/nz/gold.mp4

It was in France while playing for the French Rugby Union Club that Williams converted to Islam. He had first started taking an interest in becoming Muslim when he went to Australia. Once he moved to France, he became very close with a family from Tunisia; they lived in a flat with one bedroom with their five children. According to Sonny, it amazed him to see how happy and content they were. Their hospitality and caring made him realize the beauty of Islam.

Williams has spoken openly in interviews about how becoming a Muslim has helped him grow and become the better person he is today. He considers himself to be a true Muslim and feels complete happiness through his faith. He rejected an offer to wear a jersey with bank sponsorships on it since interest goes against the Muslim faith.

Ramadan is a special time for Williams, and he speaks about the appreciation he feels for things that we take for granted. He greatly believes that it is not enough to have faith alone, and feels that the rest is up to us. God gives us talent, he has said, but it is up to us to take that and drive it through will and dedication.

The Christchurch Attacks and New Zealand's Example After the Christchurch carnage on Muslims praying in the El Noor Mosque, New Zealanders showed the world that they won't tolerate the hatred that saw 50 people gunned down in their place of worship. The small island nation of only 4 million people rallied together to take a stand against terrorism. People of all faiths stood together to pray. Many women, including the Prime Minister of New Zealand, Jacinda Ardern, wore headscarves to show their solidarity. Additionally, millions of dollars were collected to help the victims and the families of the deceased.

New Zealand and its people showed that tolerance, respect and acceptance is the only way to move forward and

proved it by:

Mourning as one nation. All the funeral costs were undertaken by the government.

People can face up to 14 years in jail for spreading hate news or showing the video of the attack. Plus, guns were banned within hours of the attack.

Police, the public and even gang members took to patrolling outside mosques. The Azaan was played on all national media at the time of the Friday prayers.

Visas were fast-tracked for relatives to enter New

Visas were fast-tracked for relatives to enter New Zealand and the homes of many New Zealanders were opened to provide shelter, food and support to their fellow human beings who had suffered this terrible atrocity.

Williams immediately took action after these attacks by visiting victims and giving money to help families. He also created a charity in order to facilitate the donations that immediately started coming in. He has spoken about Islamophobia and about how he feels that he has been misunderstood. He reiterates in interviews how important it is that no man or woman believes that they are better than others no matter their color or creed. Forgiveness and knowledge are essential and Williams feels that not only New Zealand, but all other nations need to work toward this in order to heal racism and hatred.

Watch video: www.islamicbulletin.org/videos/nz/widow.mp4 Watch video: www.islamicbulletin.org/videos/nz/cemetery.mp4

Williams openly spoke of his admiration for the Prime Minister and how fast the country acted, and also admired the fact that Prime Minister Ardern quoted verses from the Qur'an during her speeches. Naivety and ignorance allow people to believe anything they are fed, but in the 10 years that Williams has been a Muslim he advises people to read up on Islam and to learn that it is a religion that offers answers through faith--a religion that preaches tolerance and love.

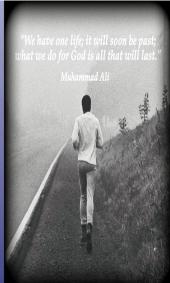
One of the greatest moments for any Muslim convert is the moment when their loved ones, especially their mother, decide to also embrace Islam. Sonny Williams has spoken in interviews about that blessed moment when his mother and teammate, Ofa Tu'ungafasi, took their Shahada, just two weeks after the Christchurch attack. In April 2019, he tweeted, "Hearing my mum talk about Islam with such joy makes my heart full. Subhanallah, when Allah places the contentment in your heart it's beautiful to see."

Louisville renames airport after hometown hero Muhammad Ali

On Wednesday, January 16, 2019, the Board of the Louisville Regional Airport Authority voted to meaningfully recognize the legacy of humanitarian, boxing legend and Louisville native, Muhammad Ali by renaming the airport in his honor.

The new name is Louisville Muhammad Ali International Airport.

The airport's three-letter location identifier – SDF – will not change.



Salah (**Prayer**); *Please perform *Wudu* (ablution before prayers) before you start, see page 4
The Prophet Muhammad (SAW) said: "Pray as you have seen me praying." (Sahih Al-Bukari)

A Step-by-Step Guide On How to Perform Salah PERFORMING THE FIRST RAK'AH (UNIT) OF PRAYER

Intention: Stand straight facing the Qiblah (direction of the Kabah in Mecca), and make your Niyyah (intention in your heart) for the intended prayer.



In standing position, with your head and eyes directed to the place of prostration, raise both hands above your shoulders and

> Allaahu Akbar Allah is the greatest اللهُ أَكْبَرُ

as you move your hands to place on your chest.

STEP 2

QIYAM



أَعُوذُ بِاللهِ مِنَ الشَّيْطانِ الرَّجِيم

A'oothu billahi minash-shaytanir-rajeem I seek refuge with Allah from Satan the accursed

Place right hand over the left hand and keep the gaze of eyes and face directed to place of prostration and recite Surah Al Fatiha (The Opening):





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. Bismillaahir-Rahmaanir-Raheem

In the name of God, the infinitely Compassionate and Merciful.

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

2. Al hamdu lillaahi rabbil 'aalameen

Praise be to God, Lord of all the worlds.

الرَّحْمَنِ الرَّحِيمِ

3. Ar-Rahmaanir-Raheem

The Compassionate, the Merciful.

مَالِكِ يَوْمِ الدِّينِ

4. Maaliki yawmid-Deen

Ruler on the Day of Reckoning

إيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

5. lyyaaka na'abudu wa iyyaaka nasta'een

You alone do we worship, and You alone do we ask for help.

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

6. Ihdinas siraatal mustaqeem

Guide us on the straight path,



STEP 4

Recite another *surah* (chapter) from the Holy Quran if this is the 1st or 2nd Rakat (unit). See pages 3 and 4 for some short *suras*. Recite only the Arabic. In the 3rd and 4th Rakah (Unit), only recitation of Surah Al Fatiha is required.

As you move from standing position (Qiyam) to bowing (Ruku') position

You should now be in the bowing (RUKU') position.



Subhaana rabbiyal 'atheem x3

Glory be to my Lord The Supreme





In standing position, keep your body straight with your hands resting by your sides and say,

رَبَّنا وَ لَكَ الْحَمْد

Rabbanaa wa lakal hamd
Our Lord, and to You belongs the praise

STEP

As you go down into prostration (Sujood) (Sajdah),

Allaahu Akbar Allah is Greatest اللهُ أَكْبَرُ

In prostration position, ensure:

- -The nose and forehead are touching the ground.
- -The palms of the hands are placed on the ground (with fingers together) below your ears and your forearms should not rest on the ground.
- -The two knees are on the floor.

While in prostration position, say three times:



x3Subhaana rabbiyal 'alaa Glory be to my Lord the most high

سُبْحَانَ رَبِّيَ الأَعْلَمِ

STEP

As you come up to sitting position (Jalsah) (Q'adah), say:

Sit relaxed with your back straight, and with your hands resting comfortably on your thighs and knees and say:



Allaahu Akbar Allah is Greatest اللهُ أَكْبَرُ

In the sitting position say the following 3 times:



JALSAH O'ADAH

STEP C

Next you go into the prostration (sujood) position for a second time as described in step 7. As you go into this position

Allaahu Akbar اللهُ أَكْبَرُ Allah is Greatest

In the sujood position say the following 3 times:



Subhaana rabbiyal 'alaa' Glory be to my Lord the most high

سُبْحَانَ رَبِّيَ الأَعْلَى

The first unit is now complete. Now you should complete the second/final rak'ah (unit).

PERFORMING THE SECOND OR FINAL RAK'AH (UNIT) OF PRAYER



Attahiyat STEP



التَّحِيَّاتُ لِلهِ والصَّلَواتُ والطَّيِّباتِ Attahiyyaatu Lillaahi was-salawaatu wattayyibaatu

All compliments, prayers and pure words are due to Allaah.

السَّلامُ عَلَيْكَ أَيُّها النَّيُّ

Al-salaamu 'alayka ayyuhan-Nabiyyu Peace be upon you, O Prophet,

وَرَحْمَةُ اللهِ وَبَرَكَاتُه

wa rahmatullaahi wa barakaatuh. And the mercy of Allaah and His blessings.

السَّلامُ عَلَيْنا وَ عَلَى عِبادِ اللهِ الصَّالِحِين Assalaamu 'alaynaa wa 'alaa 'ibaad-illaahi assaaliheen.

Peace be upon us and upon the righteous slaves of Allaah.

أَشْهَدُ أَنْ لاَ إِلٰهَ إِلاَّ الله

Ash-hadu allaa ilaaha illa-Allaah

I bear witness that there is no god except Allaah



وَأَشْهَدُ أَنَّ مُحَمَّداً عَبْدُهُ وَرَسُولِه wa ash-hadu anna Muhammadan 'abduhu

wa rasooluh

And I bear witness that Muhammad is His slave and Messenger.



2nd Unit

FAJR WHAT TO DO NEXT? You have now completed the

Complete the prayer

do next will depend on which prayer you are performing i.e. how many raka'ah you are performing. Use this chart to **DHUHR, ASR & ISHA'**

1st and 2nd rak'ah. What you

know what you next step is.

4 Rakats/Units

1st Unit

1st Unit

1st Unit

2nd Unit

3rd Unit

4th Unit

Complete the prayer

3 Rakats/Units

2nd Unit

MAGHRIB

3rd Unit

Complete the prave

COMPLETE THE PRAYER

STEP 1

Attahiyat



اللَّهُمَّ صَلِّ عَلَى مُحَمَّد Allaahumma salli 'ala Muhammad O Allaah, send prayers upon Muhammad وَ عَلَى آلِ مُحَمَّد

wa 'ala aali Muhammad and upon the family of Muhammad,

کما صَلَّیْتَ عَلی إِبْراهیم kama salayta 'ala Ibraaheem as You sent prayers upon Ibraaheem وَعَلی آلِ إِبْراهیم

wa 'ala aali Ibraaheem, and the family of Ibraaheem, عَمِيدٌ جَمِيدٌ

innaka hameedun majeed You are indeed Worthy of Praise, Full of Glory.

وَبَارِكْ عَلى مُحَمّدٍ

Allaahumma baarika 'ala Muhammad O Allaah, bless Muhamma

وَعَلَى آلِ مُحَمَّد

wa 'ala aali Muhammad and the family of Muhammad

كَما بَارَكْتَ عَلَى إِبْراهِيم

kama baarakta 'ala Ibraaheem as You blessed Ibraaheem

وَعَلَى آلِ إِبْراهِيم

wa 'ala aali Ibraaheem, and the family of Ibraaheem,

إِنَّكَ حَميدٌ بَحيد

innaka hameedun majeed

You are indeed Worthy of Praise, Full of Glory.

Upon completion of the Tashahhud and the words that follow, the player is finished with the Tasleem by doing the following:



Turn your head to the right and say:

السَّلامُ عَلَيْكُمْ وَرَحْمَةُ الله Assalaamu 'alaykum wa rahmatullah

May Allah's peace and mercy be upon you

STEP 3 LEFT SIDE

Turn your head to the left and say:

السَّلامُ عَلَيْكُمْ وَرَحْمَةُ الله Assalaamu 'alaykum wa rahmatullah

May Allah's peace and mercy be upon you



The Salah (Prayer) is now complete. It is recommended to make supplications after the completion of the prayer, and pray any Sunnah (voluntary) prayers (where applicable).



Any of the following chapters may be recited in Arabic after Suratul Fatiha

Surat Al-Kawthar 108

Bismi Allahi arrahmani arraheem In the name of Allah, Most Gracious, Most Merciful.

> Inna aAAtaynakaalkawthar
> To thee have We granted the Fount (of Abundance).

Fasalli lirabbika wanhar Therefore to thy Lord turn in Prayer and Sacrifice.

3. Inna shani-aka huwa al-abtar
For he who hateth thee, he will be cut off (from Future Hope).

Surat Al-Ikhlas 112

Bismi Allahi arrahmani arraheem In the name of Allah, Most Gracious, Most Merciful.

Qul huwa Allahu ahad
 Say: He is Allah, the One and Only;

2. Allahu assamad Allah, the Eternal, Absolute;

Lam yalid walam yooladHe begetteth not, nor is He begotten;

4. Walam yakun lahu kufuwan ahad And there is none like unto Him.

Surat Al-Falaq 113

Bismi Allahi arrahmani arraheem In the name of Allah, Most Gracious, Most Merciful.

1. Qul aAAoothu birabbi alfalaq

Say: I seek refuge with the Lord of the Dawn

2. Min sharri ma khalaq

From the mischief of created things;

3. Wamin sharri ghasiqin ithawaqab From the mischief of Darkness as it overspreads;

4. Wamin sharri annaffathatifee alAAuqad

From the mischief of those who practise secret arts;

5. Wamin sharri hasidin itha hasad And from the mischief of the envious one as he practises envy.

Surat An-Nas 114

Bismi Allahi arrahmani arraheem In the name of Allah, Most Gracious, Most Merciful.

1. Qul aAAoothu birabbi annas

Say: I seek refuge with the Lord and Cherisher of Mankind,

2. Maliki annas

The King (or Ruler) of Mankind,

3. Ilahi annas

The god (or judge) of Mankind,-

4. Min sharri alwaswasi alkhannas

From the mischief of the Whisperer (of Evil), who withdraws (after his whisper),-

5. Allathee yuwaswisu fee sudoori annas

(The same) who whispers into the hearts of Mankind,-

6. Mina aljinnati wannas

Among Jinns and among men.





Rinse the mouth (3 times). Using the right hand, put a small amount of water into the mouth, swirl around, then expel.



Sniff water into the nostrils as far as possible with the right hand, and then sniff it out with the left hand (3 times).



Wash the face from forehead to chin, left earlobe to the right earlobe making sure the whole face is washed (3 times)

STEP 6

Wash the two arms up to and including the elbows, hang, and between the fingers. Begin with the right arm (3 times for each arm).



STEP 7

Wipe the head with wet fingers starting at the fringe to the back hairline and back the same way all in one movement (once only).



STEP 8

Simultaneously wipe the inside of both ears with the index fingers, and the back of the ears with the thumbs (once only).



STEP 9

Wash the feet including the ankles and between the toes. Begin with the right foot (3 times for each foot).



Du'a after Wudu

أَشْهَدُ أَنْ لاَ إِلٰهَ إِلاَّ الله وَأَشْهَدُ أَنَّ مُحَمَّداً عَبْدُهُ وَرَسُولِه

Ash-hadu anllaa ilaaha illallaah wa ash-hadu anna Muhammadan 'abduhu wa rasooluh.

I bear witness that there is no God worthy of worship except Allah. And I bear witness that Muhammad is His Slave and Messenger.

اَلِّلُهُمَّ اجْعَلْنِي مِنَ النَّوَّابِين وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِين Allaahuma ij'alnee minat-tawabeena waj'alnee minal-mutatahireen.

O Allah, make me among those who turn to You in repentance, and make me among those who purify themselves.

Do you Really Love Allah?

People are always cautious, always measured, when expressing their affection for another human being. Most of us do hold off on uttering the words "I love you" until we are absolutely sure that not only do we truly love the person, but that they will return the sentiment.

However, Muslims are quick to express--- with words--- a love of Allah. But do our actions and our prayerfulness and our lifestyles reflect the love of Allah that we claim to have?

Below is a litmus test containing 5 proofs--- 5 ways of being, if you will--- that define a true love of Allah:

1. Longing – When we are in a relationship with another person, we look forward to our next encounter, yearn for it even. We think about that other person often, sometimes not able to think about anything else.

"The hearts find peace only in the remembrance of Allah" Quran 13:28

Is that how we treat our relationship with Allah? Does He enter our thoughts often? Do we look forward to the next time we will go to the mosque, or do we just look to get our prayer session over with? Do we live our life preparing for and looking forward to our ultimate meeting with Allah?

3.Remembrance – We remember and mention with enthusiasm the people and things we love in conversations small and large. Do we treat Allah in the same way? Bringing Him up not only at meetings and celebrations, but also in the regular course of our lives?

"...And the men who remember Allah often and the women who do so - for them Allah has prepared forgiveness and a great reward." [Quran 33:35]."

5. Omnipresence – Especially at the beginning of a relationship, we see our new partner in all situations, whether we are with them or not. We see their smile in the sunshine, their tears in the rain, and hear their laughter in the wind. But do we see Allah, the Creator, in all of his creation?

"In the creation of the heavens and earth, and the alternation of the night and the day are signs for those of understanding." [Quran **189-90**]

2. Non-disobedience – We try to never do anything to upset our loved ones, because we love them! Why would we do something that would hurt that person in any way?

Why, then, do we commit sins that would hurt Allah? Of course, He is forgiving of all our sins, but our act of committing them strains our relationship with our Creator. If our objective is turning to loving Allah, we must stop committing those sins because we know they would stop us from loving Allah.

4. Joy – When we love someone, we enjoy being with them. We spend time with the one or ones we love because it brings us joy. This joy carries into other parts of our life, making us better workers, better citizens, better husbands, wives, children, and friends.

Do we approach our prayers practice with such joy? Or are we simply angling for heaven and trying to avoid hell? It is not a bad thing to wish to go to heaven, but we must enjoy our prayer rather than practice it only because it is a must. This is a deeper relationship with Allah. Prayer turns into a source of joy. We wait for the prayer time to arrive and we enjoy practicing it. This is a great proof of loving Allah. The Prophet (PBUH) would to tell Bilal to make the call of prayer arrive. "Policy would be readed." of prayer saying, "Relieve us with prayer Bilal." Prayer was a source of relaxation and convenience for the prophet PBUH.

I was obviously far from loving Allah when I first knew about these five proofs. There was no love or anything, just talk. This prompted me to make a radical decision one year ago to try and build a relationship with Allah. I am not talking about that kind of relationship where the employee for example does extra work in order to get a bonus! This is just one level of building a relationship, because there is a deeper level. I am talking here about building a friendship. You might wonder what I mean by having a friendship with Allah. It is similar to the friendship that Abraham had with Allah. "And Allah took Abraham as an intimate friend". An intimate friend is a friend that you love. Each atom of a human's body must be filled with love. This is the deepest form of relationships that you can have with Allah, which is being his intimate friend. My objective was to deepen my relationship with Allah by doing things with love, desire and pleasure.
"O you who have believed, remember Allah with much remembrance [Quran 33:41]"

In this issue, we will take a closer look at the carried of the camel is of such significance, as we are asked to do in the 17th verse of Surah Al-Gashiya: "Do they not look at the Carrels, how they are made?"

The most striking feature of the camel is the rather unusual and interesting shape of its body. Created in such a way so that it can survive through the most adverse of conditions, the camel can go for days without water and food while still carrying hundreds of pounds on its back. All this, as it trudges alongside its owner across difficult desert terrains with fine, sinking sand through scorching days and freezing nights.

The camel has always been a symbol of the desert, a staple of life in such regions of the world. But most people are ignorant to the true nature of the camel as well as to some of the incredible adaptations the most prominent creature on the Horn of Africa and Arabian Peninsula. There is a misconception that the camel is an ill-tempered animal, often imagined as spitting at passers-by. The reality is much to the contrary. Those who work closely with the animal find the camel to be smart, sociable, and gentle. To be sure, there have been observed instances of ill-tempered camels, but usually because they have been instigated in some way. The constitution of every part of a camel's body has been specially designed by Allah (SWT).

For example, the structure of the camel's feet is unique, with two toes connected to each other with a flexible cushion, consisting of four balls of fat. This allows for a firm grasp of any type of terrain that might be encountered. The nails at the end of the toes protect them from any bumps, while the knees are protected with a covering of thick skin that's as hard as a horn and called the callus. This is especially needed as the camel lies down to rest on the hot floor of the desert.

Everyone knows that camels have one or two humps depending on their region of origin. This consists of a mass of fat, which will provide the camel with nutrients during lean times. A camel can go for up to 6 months during the winters without water because of its hump and can lose up to 33% of its body weight in this time. Humans can survive without water for 3-5 days.

A camel's thick felted fur has two purposes. Firstly, it protects against the heat and cold. Secondly, it eliminates the loss of water from the body. The body of the camel automatically increases its temperature during the heat of the day in order to prevent perspiration. During cold nights they decrease their body temperature to 30°C. Camels can survive in temperature extremes ranging from highs of +50°C and lows of -50°C.

The design of the camel's eyelashes resembles combs that lock together in the event of danger, and not even one grain of sand can enter the eye during a sandstorm. That is why camels also have long hair around their ears and nose. A long neck ensures that the animal can reach more than 9 feet to feed on the leaves of taller trees.

Some more interesting facts:

· They can drink up to 35 gallons (one-third of their body weight) of water in 10 minutes.

• The mucus structure in a camel's nose allows it to moisturize the dry air as it breathes it in.

· Most living creatures die when their urea levels increase, whereas, the liver of the camel continuously filters any urea produced and turns it into a source of protein and water.

· One-fifth of the camel's weight is stored in its hump as body fat.

· Strong rubbery lips allow camels to even eat sharp thorns.

· Their strong digestive system consists of a four-chambered stomach; they are able to eat anything, even reeds, wires, and plastics.

Interestingly, camel milk contains a molecule similar to insulin and has antibodies and enzymes. People with allergies to cow's milk can consume it without it affecting them and it also reduces cholesterol. The latest research is concentrated on the immunoglobulin found in camel milk and its cancer-fighting properties.

Checklist of the benefits of camel milk:

· Boosts the immune system

· Helps prevent anemia

· Reduces blood sugar levels and protects from diabetes

· Protects from autoimmune disorders

· Aids increased blood circulation

· Risks for arteriosclerosis, heart attacks and strokes are lowered

· Allergies are reduced

· Bone development increases

· Stimulates all the organ systems and growth

"Do ne not see that Allah has subjected to your (use) all things in the heavens and on earth, and has made His bounties flow to you in exceeding measures, (both) seen and unseen? Yet there are among men those who dispute about Allah, without knowledge and without guidance, and without a Book to enlighten them!"

(Surah Lugman, Ayah 20)

There is no living creature on earth that can execute this type of perfection on its own. The "ship of the desert" has a composition of many intricate systems that help it to survive. The chemistry and engineering of the camel was created by the One and Only Allah, and offered to the service of mankind. Mankind, however, has the responsibility to acknowledge this together with all of our Creator's miracles across the earth and the universe as Allah has asked us to do.

To Those Who Do Not Believe



Throughout time, there has existed controversy between the atheist and the believer in God. It's become a common refrain of the Atheist when faced with the question of the existence of God that the burden of proof lies with the

believer
"Show me scientific proof, beyond your faith, that Allah exists," a non-believer might request, ending most conversations on the topic. However, the Islamic faith and some basic logic offers proof of a Creator of the universe. In the Quran, we learn of God's plan for humankind, the

In the Quran, we read purpose for our existence.

"I have not created the jinn, the spirits, nor human beings, for any other purpose except to worship Me."

(Quran 51:56)

Where will humankind worship Allah? On Earth, in this solar system, in the Milky Way, part of the universe. A universe with all the component parts that move in concert so perfectly. Orbits that do not intersect. No conflict whatsoever.

"It is He Who created the Night and the Day, and the sun and the moon: all (celestial bodies) swim along, each in its rounded course." (Quran 21:33)

But where on Earth will humankind worship Allah? Or, within what might be the better question? The human body, one of Allah's most amazing creations, is programmed by its Creator.

And what about the human brain? Receiver and sender of impulses, more intricate and powerful than any computer. We are all born with a functioning brain, gifted to us by Allah so that we may serve our life's purpose: to worship Him.

But there is more wonder in the human body than the brain and heart. Consider the human eye. A powerful camera capable of focusing near and far, interpreting colors and sensing differences. Or our kidneys, which balance the toxicity of the human body by filtering all that we ingest. How could such a perfect machine exist if not created by a divine, intelligent designer? Further, how does one explain the scientific knowledge proposed in the Quran over 1400 years ago?

That water is the origin of all life on Earth (Quran 21:30), that the universe is expanding (Quran 51:47). The technology to make these scientific discoveries and observations was still a thousand years from being invented. Further and more complete discussions of the wonders of Allah's creation follow below.

Next, proof from the world of logic and statistics and philosophy. Start with the fact that, according to scientists, the universe is finite and, hence, has a beginning. Science also

has proven that something cannot be created from nothing. Furthermore, something cannot create itself, because in order for it to create itself, it would have to exist already. So, if something cannot manifest from nothing, nor can something manifest itself, someone must have created the universe.

Finally, the atheist leans on Darwin's evolutionary model to explain the rise of humankind from lesser life forms. Such science, they say, demolishes the notion of faith as proof of, well, anything. But recently, when several college-level science students and their professors were asked to provide examples of organisms that have changed their "kind" as Darwin's model suggests, they came up empty. Many of them referred to Darwin's finches, whose beaks adapted for the purposes they needed. An adaptation is not evolution. There was no change in kind. When pushed further tion. There was no change in kind. When pushed further, these students and professors explained that these changes occurred thousands and thousands, if not millions, of years ago, hence unobservable to the human eye.

Unobservable, so the belief of Darwin's evolutionary model must rely on faith in the scientists who report its existence. That same faith which was not good enough to prove the existence of a Creator in the first place.

So, when examined more closely using the elegance of the Quran or basic logic, the burden of proof for the existence or non-existence of Allah falls back squarely on the shoulders of the Atheist.

Evidence That Allah Does Exist Is All Around

Allah SWT calls upon us to acknowledge Him. All around us we see the signs of His presence. Some people are completely blind to the miracle of the Creation and call themselves non-believers, doubters and atheists and insist that all the beauty around us was created by one Big Bang! We read in the Qur'an (Verse 41:53)

"....signs in the horizons and within themselves until the truth is clear to them.

Allah calls upon us to acknowledge Him through signs and it is our responsibility to reflect on them and to recognize Him. We are all born with a natural predisposition to be believers and to have faith, but this can either be nurtured or be neglected. Those that nurture their faith will see the signs of Allah's work everywhere and will respect Him and offer praise. Those that neglect their faith find it easy to dismiss everything and base the Creation on a meaningless and are placed. and random theory.

If you placed ten numbered marbles in a bag, what are the chances that you will be able to pull them out of the bag in the order numbered from one to ten? The chances are 26 million to one! So, what are the chances that the orchestration of the Heavens, the Earth and everything within them were thrown together in just one explosion without any thought going into the intricate processes that keeps everything functioning in an orderly fashion?

Some of the best evidence of the Creation is to be found in the human body:

As we develop in our mother's womb, our heart begins to beat and her body sustains us until our birth. When we arrive in this world, from the very first moment, our heart continues to beat. It will continue to do so for an average of seventy years, sometimes even more. In order to understand the miracle of how well designed our bodies are, we have to consider the heart's strength and function. Imagine holding a tennis ball in the palm of your hand. How long can you continue to squash it before your hand gets tired? That is the strength that our heart needs to continue pumping from the moment we arrive on this earth until we depart – and yet it works non-stop!



- ♦ The functions of our brain are another sign of the greatness of the Creation. It can receive and store information, while distinguishes and categorizes it. It analyzes and retrieves it as needed and does all these functions constantly and in a millionth of a second. With this great gift from God, we have built machines, developed science, medicine and visited space.
- Our kidneys were created by Allah to perform hundreds of chemical analyses and functions simultaneously. Seamlessly, they rid our bodies of toxicity without us even having to do anything except keep our bodies hydrated.
- Our eyes are a human camera and can adjust to light, focus near or far and apply color automatically, while they send images to our brain to evaluate and analyze. Through our eyes we can enjoy the rest of the Creation all around us.



Let us look at our Universe:

Our universe has been built with such precision that nothing collides or conflicts with each other. The stars, moons and other heavenly bodies move around in their orderly orbits. The Earth is one planet in the Solar System, which is one of the systems in the Milky Way, which in turn is one constellation in just one of millions of galaxies.

♦ The oceans on our planet are synchronized as are the other inhabitants of the Earth - the flora and fauna, bacteria and chemical elements. There is harmony, variation, design, maintenance and operation in an infinite and perpetual way that is obviously not by chance. Is the reproduction and maintenance of all this beauty surrounding us all by chance? No, of course not! It is foolish to believe chance played a role in all this, and we can all agree that the Creation is completely outside the realm of human capabilities.

The Quran makes the statement,

"And we created the human beings from the hanging clot that was clinging to the wall of the womb." (Quran 23:13)

Prophet Muhammad (PBUH) had no way of knowing that the embryo starts out as a clot hanging to the wall of the uterus of the mother. He did not possess any medical instruments, nor did he have x-ray vision. How did he receive this knowledge when it was only discovered a few decades back?

"And it is He Who has let free the two seas (kinds of water), one palatable and sweet, and the other salt and bitter, and He has set a barrier and a complete partition between them." (Quran 25:53)



Prophet Muhammad (PBUH) was an uneducated shepherd who was raised and lived in the desert. He had never left the Arabian Peninsula and had never sailed on a ship. How did he know about the seas and the lakes and the differences between them?

"It is He Who created the Night and the Day, and the sun and the moon: all (the celestial bodies) swim along, each in its rounded course." (Quran 21:33)

Prophet Muhammad (PBUH) lived more than 1500 years ago when technology and science as we know it today was still unknown. He was an uneducated man who could not read or write. How did he know to describe all these things?

Reasons to Believe:

The beginning of the universe:

"Were they created from nothing, or did they create themselves?" Quran 52:35-6



The perfection and complexity of the Creation.

The Revelation from God:

"Indeed, in the creation of the heavens and earth, and the alternation of the night and the day, and the great ships which sail through the sea with that which benefits people, and what Allah has sent down from the heavens of rain, giving life thereby to the earth after its lifelessness and dispersing therein every kind of moving creature, and His directing of the winds and the clouds controlled between the heaven and the earth, are signs for a people who use reason." Quran 2:164

The Qur'an, the word of Allah, is where He gives us clarity and confirms that He is the Creator of all things. It is free of contradictions and His word has been preserved exactly as it was revealed to the Prophet (PBUH) who had no way of knowing all this. There is enough evidence there for anyone wanting to nurture their belief.

Islam explains the existence of man and the universe and all that we chalk up to coincidence. And all Allah asks in return is that we bear witness and be thankful. If you had the chance to know the purpose of life, wouldn't you want to know? And wouldn't you be thankful for the source of that purpose, the source of that life?

Our purpose in life is to thank our Creator. Allah (SWT) is the reason our brain thinks and our eyes see and the world around us continues to be. None of these day-to-day activities would happen without Allah (SWT); let us show our gratitude and love for Allah (SWT) as we answer the question, "What is the purpose of Life?"

Now, we know the answer.

Watch Video on Interviewer Stumping Scientists:

www.islamicbulletin.org/videos/atheist/darwin.mp4

Or listen to The Purpose of Life:

www.islamicbulletin.org/audio/english/purpose_english.mp3

"Fear the sins that you commit in secret, because the witness of those sins is the Judge Himself."

مناسك الحج والعمرة باختصار Hajj and Umrah Guide أنجليزي English

رقم اذن بطبع ۲۰۹ه/م /ج في ۳۰ / ۱۲۳ ۱۳۳۱

1. IHRAM - Before reaching Meegat

Before Ihram: Remove unwanted hair, trim nails, make *ghusl* (bath) & *wudhu* (ablution) or at least wudhu.

Put on clothes of Ihram - 2 white un-sewn pieces of

cloth for men and regular clothes for women. Women should not cover their faces during Ihram & men should not cover their heads during Ihram. On entering state of Ihram *Niyyah* (Intention (in any



language) to enter into Ihram)

Recite Talbiyah (Hajj prayer supplication):

لَئِيْكَ اللَّهُمَّ لَبَيْك، لَبَيْكَ لاَ شَرِيْكَ لَكَ لَبَيْك، إِنَّ الْحَمْدَ وَ النِّعْمَةَ لَكَ وَ الْمُلْكُ لاَ شَرِيْكَ لَك

"Labbayk Allahumma Labbayk, Labbayk la sharika laka Labbayk, Innal hamda wanni'mata laka walmulk La sharika lak"

Here I am O Allah, (in response to Your call), here I am. Here I am, You have no partner, here I am. Indeed all the Praise, Grace and Sovereignty belong to You. You have no partner.

Going to Masjid Al-Haram (Ka'bah), men to recite loudly (women quietly):

Umrah (Tawaaful-Qudoom)

Entering Masjid Al-Haram: Enter with the right foot and recite:

اللَّهُمَّ اقْتَحْ لِي أَبْوَابَ رَحْمَتِكُ Allahumma aftah lee abwaaba rahmatika

O Allah, open the doors of Your Mercy for me.

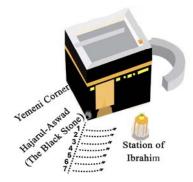
- ◆ Make intention for the Tawaf.
- 2. TAWAAF (Circling the Ka'bah 7 times)
- ♦ Before proceeding to the starting point of Tawaaf, *Al-Hajarul-Aswad* (The Black Stone)¹, men only uncover right shoulder by placing Ihram underneath right arm-pit (this is known as Idhtiba).

When beginning each circuit, make a sign with your right hand towards al-Hajarul-Aswad (The Black Stone)², and recite –

اللَّهُ أَكْبَر

Allahu Akbar (Allah is the Greatest).

- ♦ Men should walk briskly (Raml) during first 3 circuits only, the remaining 4 circuits are done at a normal pace completely around until 7th circuit. No particular supplication (Duaa) is essential during Tawaaf.³
- ◆ Duaa (supplication) can be made during Tawaaf, except it is Sunnah to recite the following when going between Ar-Ruknul-Yamani (Yemeni Corner)⁴

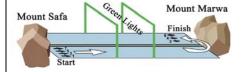


رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَ فِي الآخِرَةِ حَسَنَةً وَ فِي الآخِرَةِ حَسَنَةً وَ قِنَا عَذَابَ النَّار

Rabbanaa aatinaa fid-dunyaa hasanatan wa feel aakhirati hasanatan wa qinaa 'adhaaban naar

Our Lord! Give us in this world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire! (Quran 2:201)

- ♦ Once Tawaaf is complete, cover your right shoulder and offer 2 rakaats anywhere behind the Station of Ibrahim or anywhere in the Haram: Recite Surat al-Kafirun in 1st raka'a and Surat al-Ikhlas in the 2nd raka'a.
- ♦ Drink Zam-Zam water Make Du'aa
- 3. SA'EE (Completion of 7 rounds Safa & Marwah)



Begin Sa'ee at as-Safa. Complete walk from as-Safa to al-Marwah (one circuit), then al-Marwah to as-Safa (second circuit) and continue for seven circuits, finishing at al-Marwah. Upon encountering green lights, men only run from one light to other light.

At foot of as-Safa recite -

إِنَّ الصَّفَا وَالْمَرُوةَ مِنْ شَعَآئِرِ اللهِ فَمَنْ حَجَّ الْبَيْتَ أَوِ اغْتَمَرَ فَلاَ خِنَاحَ عَلَيْهِ أَنْ يَطَوَّفَ لَا خَنَمَرَ فَلاَ خِنَاحَ عَلَيْهِ أَنْ يَطَوَّفَ كَلِيْمَ لِهِهَا وَمَنْ تَطَوَّعَ خَيْراً فَإِنَّ اللهَ شَاكِرٌ عَلَيْمِ الnnas-safaa wal marwata min sha'aa'irillaahi faman hajjal baita 'awi' tamara falaa junaaha 'alaihi an yattawwafa bihimaa wa man

'alaihi an yattawwafa bihimaa wa man tatawwa'a khiran fa'innAllaha shaakirun 'aleemun Verily! As-Safa and al-Marwah are of the Symbols of

Verily! As-Safa and al-Marwah are of the Symbols of Allah. So it is not a sin on him who performs Hajj or 'Umrah of the House to perform the Tawaf between them. And whoever does good voluntarily, then verily, Allah is All-Recognizer, All-Knower. (2:158)

Each time you complete one round (Safa and Marwah) recite –

اَلَّةُ أَكْثِرَ، اللَّهُ أَكْثِرَ، اللَّهُ أَكْثِرَ، اللَّهُ أَكْثِرَ لاَ إِلَهَ إِلاَّ اللَّهُ وَحْدَهُ لاَ شَرِيْكَ لَه، لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ يُحْدِي وَ يُمِيْتُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيْرٍ؛ لاَ إِلَّهَ إِلاَّ اللَّهُ وَحْدَهُ لاَ شَرِيْكَ لَه، أَنْجَزَ وَعْدُهُ وَ نَصَرَ عَبْدَهُ وَ هَرَمَ الأَحْزَابَ وَ حْدَه

Allahu Akbar Allahu Akbar Allahu Akbar - laa illaaha illallahu wahdau laa shareekalah - lahul mulku wa lahul hamdu - yuhyee wa yumeetu wa huwa 'alaa kulli shai'in qadeer - laa ilaaha illallahu wahdahu laa shareekalah - anjaza wa'dahu wa nasara ' abdahu wa hazamal ahzaaba wahdahu

Allah is the Greatest, Allah is the Greatest, Allah is the Greatest. There is none truly worthy of worship except Allah alone, without partner. To Him belongs all Sovereignty and all Praise. He alone gives life and causes death, He is Omnipotent over all things. There is none truly worthy of worship except Allah alone, without partner. He has fulfilled His promise, and helped His slave, and He alone has defeated the confederates.

4. Shaving Head/Trimming ≫

After completing Sa'ee: Men: shaving entire head is preferable or cut hair equally from all over head; Women: cut one-third finger-length of hair. Upon leaving al-Masjid ul-Haraam with the left foot, recite

الْلَّهُمَّ إِنِّي أَسْلَّكُ مِنْ فَضْلِكِ Allahumma innee 'as'aluka min fadhlika O Allah. verily I ask You from Your Favor. Remove Ihram, as <u>all</u> restrictions are now lifted. Umrah is now complete and await morning of 8th of Dhul-Hijjah.
*Any person intending to perform Hajj opts for either one of the three types of Haji:

- ◆ First Umrah, then Hajj with another Ihram—this type of Hajj is called **HAJJ AL-TAMATTU** and it is considered the best of the three forms of Hajj. It is the one that the Prophet Muhammad (Pbuh) urged his followers to perform and is the one adopted by most pilgrims from overseas
- ◆ Umrah and Hajj with a single Ihram is called QIRAAN
- ◆ Hajj only; without any Umrah is called IFRAAD



8th day of Dhul-Hijjah (Yawmut-Tarwiyah)

Enter state of Ihram. 5

◆Make intention for Hajj. Standing, face the Qiblah recite the **Talbiyah**:

نَبَيْكَ اللَّهُمَّ لَبَيْكِ، لَبَيْكَ لاَ شَرَيْكَ لَكَ لَبَيْكِ، لَبَيْكَ الْكَلْكُ لاَ شَرَيْكَ لَكَ لَكَ للا شَرَيْكَ لَكَ لَكَ للكَّهُ لاَ شَرَيْكَ لَكَ لَكَ لَكَ لَكَ لَكَ الْمُلْكُ لاَ شَرَيْكَ لَكَ لَا لَمُلْكُ لاَ شَرَيْكَ لَكَ لللهِ Labbayk Allahumma Labbayk, Labbayk la sharika laka Labbayk, Innal hamda wanni'mata laka walmulk La sharika lak

◆ Between the time period after Fajr until before Zhuhur go to Mina (preferably in Morning)

Stay in Mina

◆ Pray Dhuhr, 'Asr, Maghrib and 'Isha at Mina⁶.



◆ Engage in Ibadah (worship) all day.

9th day of Dhul-Hijjah (Yawmu 'Arafah)

Stay in 'Arafah

- ◆ Pray Fajr in Mina.
- ◆ Go to Arafat any time after

sunrise.

Stopover if possible at Namirah

(place close to 'Arafah - there is now a Masjid there) and remain there until after Zawaal (sun at highest point - no shadow) and listen to the Khutbah. If this is not possible, it is permissible to proceed to 'Arafah, remaining there until sunset. Stand upon the rocks at the bottom of the Mount of Mercy (Jabalur-Rahmah); if not, then all of 'Arafah is a standing place. Facing the Qiblah, with raised hands, supplicate and also recite the Talbiyah – It is encouraged to frequently recite the following

There is none truly worthy of worship except Allah alone, without partner. To Him belongs all Sovereignty and all Praise, and He is Omnipotent over all things.

-this is the best supplication to recite on this great day.

- ♦Pray Dhuhr & Asr at Arafah.
- ◆ Perform WUQUF (stand and pray), make dua (supplications) and seek forgiveness until sunset. ◆ After sunset go to Muzdalifah.

Stay in Muzdalifah

- ♦ Pray Maghrib & Isha together at Muzdalifah. 6
- ◆ In Muzdalifah or Mina, collect 70 pebbles for stoning. 11
- ◆ Spend the night in *Ibadah* (worship) or go to sleep until Fair



10th day of Dhul-Hijjah (Yawmun-Nahr)

- ◆ Pray Fajr in Muzdalifah.
- ◆ Leave for Mina just before sunrise. Between the time periods of <u>after</u> sunrise until the



night, calmly proceed to Jamaratul-'Aqabah al-Kubraa • for stoning. Facing Jamarah, with Makkah to your left and Mina to your right, throw seven stones at Jamarah reciting –

اللهُ أَكْبَر Allahu Akbar

Allah is the Greatest (after each throw). ◆ Performing the Udhiya (Sacrifice),

If a sacrificial ticket has been purchased, this is a permissible alternative, otherwise, calmly proceed to slaughter house in Mina for sacrifice.

♦ Shave/Trim Hair ≫.

After the sacrifice, <u>Men</u>: shaving head is preferable, or cut hair equally from all over head; <u>Women</u>: cut one-third finger length of hair. ◆ Remove Ihram, as <u>all</u> restrictions are now lifted. Go to Makkah to perform Tawaaful-Ifaadhah.

Tawaaful-Ifaadhah (Tawaaful-Ziyaarat)8

♦ Go to Makkah and perform *Tawaaful-Ifaadhah*. Can be performed anytime up to sunset of 12th Dhul Hijjah. Upon entering al-Masjid ul-Haraam with the right foot, recite Dua entering Masjid. (See Umrah section on first page).

No Ihram required. Start at al-Hajarul-Aswad (Black Stone)¹

♦ Once Tawaaf is complete, offer 2 rakaats anywhere behind the Station of Ibrahim – or anywhere in the Haram: Recite Surat al-Kafirun in 1st raka'a and Surat al-Ikhlas in the 2nd raka'a.



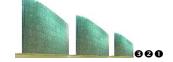
- ♦ Drink Zam-Zam water Make Du'aa
- ◆ Perform Sa'ee (See Umrah section page 1)
- ◆ Upon the completion of the Sa'ee, <u>all</u> restrictions are now lifted.
- ◆ Return back to Mina.

Upon leaving al-Masjid ul-Haraam with the left foot, recite dua of leaving the Masjid – (See Umrah section page 1)

11th Dhul-Hijjah

♦ If Tawaf Ifaadhah was not performed yesterday, go to Makkah and perform Tawaf. Then pray 2 rakaats, drink from Zam Zam and perform Sa'ee. Return to Mina.

Stay in Mina for Stoning



Facing first Jamarah (smallest), with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting –

الله أَكْبَر Allahu Akbar

Allah is the Greatest (after each throw)

- After stoning first Jamarah ♠, face Qiblah (with first Jamarah to your right), raise hands and supplicate as you wish. Then, calmly proceed to 2nd (middle one) Jamarah ❷ Facing second Jamarah, with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting –

اللَّهُ أَكْبَر Allahu Akbar

Allah is the Greatest (after each throw)

After stoning second Jamarah, face Qiblah (with second Jamarah to your right), raise hands and supplicate as you wish. Then, calmly proceed to third Jamarah ❸. Facing third Jamarah, al-'Aqabah al-Kubraa, with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting −

الله أَكْبَر Allahu Akbar

Allah is the Greatest (after each throw)

After stoning final Jamarah, move onwards without supplicating.

12th Dhul-Hijjah

- ◆ If Tawaf Ifaadhah has still not been performed, go to Makkah and perform Tawaf. Pray 2 rakaats, drink from Zam Zam and perform Sa'ee. Return back to Mina.
- ◆ From the time period between <u>after</u> Zawaal (after midday) until the night, stone all 3 Jamarat with 7 pebbles for each one. Leave Mina for Makkah before Sunset if possible. If you can't leave Stay at Mina.

13th Dhul-Hijjah

♦ If you didn't leave Mina, beginning after Fajr, stone all 3 Jamarat with 7 pebbles for each Jamarat. ◆Leave for Makkah. ◆ Before final departure from Makkah, perform Tawaaful-Wadaa' (Farewell Tawaf) as your last act.

Footnotes

- 1 If possible, cling to area between the corner of al-Hajarul-Aswad (The Black Stone) and the door, placing the chest, face and forearms upon this area.
- If possible, touch The Black Stone with the right hand and also kiss it, then prostrate on it - this is best; if not, then touch it with the right hand then kiss the right hand; if not, simply make a sign towards it with the right hand.
- ³ There is no specific Du'aa during the walk around the Ka'bah, apart from what has been mentioned for between The Yemeni Corner to The Black Stone. You can therefore recite the Quran or any Du'aa as you please.
- 4 If possible, touch Ar-Runnel-Yamani (Yemeni Corner) each time (but do not kiss it) - this is best; if not, then do not make any sign towards it.
- From wherever you are residing hotel, house, etc.
- ⁶ Pray two Fard each for Zhuhur, 'Asr and 'Isha. Maghrib is not shortened, and remains three Fard. 'Isha to be followed by Witr.
- ⁷ A place close to 'Arafah there is now a Masjid there. If this is not possible, it is permissible to proceed to 'Arafah.

- 8 It is also possible to make Tawaaf ul Ziyarrat if it was not made on the 10th. *Women should allow extra days for Tawaf in Makkah in case of menses.
- 9 For an English translation, see page 1.
- ¹ Should you pass through valley Muhassar, then hurry ⁰ through it.
- They are all the same in size. You can also pick the pebbles in Mina. You will need only 7 pebbles on the 10th, and 42 afterwards (49 total). You will need 21 extra pebbles if you are staying for the 13th of Dhul-Hijjah (70 total). They must not be bigger than a chick-pea.
- (Approximately 1cm across = 0.39 inches).

 1 It is permissible to perform Tawaaful-Wadaa' on 12th day
- ² of Dhul-Hijjah (as long as you leave Mina <u>before</u> sunset), thus missing the recommended (but not compulsory) day of stoning.
 - ♦ Hajj Mabrur (An accepted Hajj).
 - ♦ Your Hajj is now complete.
 - ◆ May Allah (SWT) accept your Hajj

Visiting Madina - Masjid-Al-Nabawi - Masjid Quba



Visiting Madina is not an obligatory act for either Hajj or Umrah, but there is great value in visiting Al Masjid-Al-Nabawi (the Prophet's Mosque). The Prophet (SAW) has said:

"One prayer in this mosque (Madina) of mine is better than 1,000 prayers offered anywhere else except the Masjid Al-Haram (Makkah), and one prayer in Masjid Al-Haram is better than 100,000 prayers in any other mosque."

He (SAW) also said: "Whoever makes ablutions at home and then goes and prays in Masjid Quba (the first mosque built in Islam), will have a reward like that of an Umrah."

Don't forget to: ♦Pay all debts ♦Redress all wrongs ♦Write your will

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mode. English Version or Arabic Version

مناسك الحج والعمرة باختصار Hajj & Umrah Guide

أنجليزي English رقم انن بطبع ۲۰۹م/م /ج في ۳۰ / ۱۲۳۱ ۱۶۳۱

Common Islamic Phrases

and their meanings -

Assalamu 'Alaikum (Salaam alaikum)

"May peace be upon you" Said as a greeting to Muslims.

Wa 'Alaikum Assalaam (Waalaikum salaam)

"May peace be upon you too" Used as a greeting in reply to Assalamu 'Alaikum.

Allahu Akbar

"God is greatest" said when proclaiming the greatness of God.

Bismillah

"In the name of Allah" An invocation used by Muslims at the beginning of any undertaking, such as before eating and drinking.

Insha'Allah (Inshallah)

"God willing" or "if God wills it" Said while making plans or stating desires for the future.

Maa shaa' Allah (Mashallah)

"God has willed it" Expresses appreciation, joy, praise or thankfulness for an event or person that was just mentioned. Serves as a reminder that all accomplishments are considered by Muslims to be achieved by the will of God. It is generally said upon hearing good news.

Jazak'Allah (Jazakallah) Khair

"May God reward you with the best/good" Said to somebody who has done something worthy of praise.

Barak'Allah (Barakallah)

"The blessings of God (be upon you)" Said to express thanks, typically to another person. It is one of many phrases used by Muslims to express thanks. Used also in reply to a person who says Jazakallah khair.

Subhan Allah (Subhanallah)

"Glorious is God" or "Glory (be) to God" Said when proclaiming God's glory.

Al-hamdu lillah (Alhamdulilah)

"All praise belongs to God" or "Praise be to God" Said when one has the desire to praise God.

Answers to Puzzle 16. Adam, 6.Idris, 7. Nuh, 24.Hud, 12.Saleh, 18. Ibrahim, 4. Lut, 13. Ismail, 15.Ishaq, 9. Yaqub, 10. Yusuf, 3.Ayyub, 20. Shuayb, 22. Musa, 2. Harun, 17. Dhul Kifl, 8.Dawud, 19.Sulayman,1. Ilyas,5. Al Yasa, 10. Yunus, 23. Zakariya, Yahya, 21 Isa, 14. Muhammad

Being MUSLIM is a "But perhaps you hate a Whenever you Allah ALWAYS listens thing and it is good for you; **HUGE** blessing, encounter hardships in and perhaps you love a to your prayer, we just life, remember that this which none of us thing and it is bad for you. have to be patient for is Allah's plan for you & should take for And Allah Knows, while you the answer. Allah knows better. know not. " [Quran 2:216] granted! You admire a Ya Allah, Celebrity that The ONLY relationship Billions of soul in the help me realize how where you will never have doesn't know you darkness and Allah blessed I am even chose yours to be your heart broken is your exist while you guided by His Mercy! when things aren't relationship with Allah. forget the ONE that made you exist. going my way. If something is Don't anger your Depending on people destined for you, parents in order to will make you weaker. NEVER in a million please other people. is an amazing exchange Depending on Allah will Those other people did years will it be for You hand over your worries to Allah and He hands over His blessings to you. make you stronger. not spend their lives somebody else. building yours. Happiness comes when you Everything has If you're giving others more The heartaches of this stop complaining about the priority than your own dunya keep reminding us problems you DO have and an expiry date. family, then you need to that we should never start being grateful for all the understand that you're Are you ready problems you DON'T have. have our hearts attached heading the wrong way. to anything other than Alhamdulillah! for yours? Allah in the first place. Happy moments Praise Allah. Love for the sake of Allah Jealousy of others leads Difficult moments When you have is a journey that leads Seek Allah. to bitterness. STOP faith in Allah, Quiet moments you to the worthiest of focusing on how great the impossible Worship Allah. destinations. DO NOT their life is and start Painful moments becomes possible. settle for anything less. focusing on HOW you can Trust Allah. Moment by moment make your life better. Thank Allah Loneliness Allah will lift you up The more love you Love ONLY hurts when you're down. comes when you have for Allah, the

forget that Allah

is with you.

less love you have

for the dunya.

He'll make you strong

when you're weak.

He'll guide your path

when you lose your way.

when it is not for

Allah and His sake.

No one to talk to about Marry the type of NEVER give up making Being a Muslim does not mean du'a to Allah. It may not your worries and you will never have problems. person you want happen now, it may not It means that you have Allah problems? Have you happen next month, but it to spend your & having Him alone is greater tried talking to the Best will happen when Allah than any problem. knows is BEST for you. of All Listeners? Afterlife with. Your parents can't be When Allah can give Allah knows who belongs in your life and Our parents are blessings. you caring parents replaced. Love them, who doesn't. Trust and Don't delay showing them even before you were respect them, listen to let go. Whoever is love. We don't know how long born, He can most meant to be there, will them, care for them we have this blessing for. certainly bless you still be there. with things you never and most importantly expected having! pray for them. Everyone wants No matter how May Allah forgive us for Ya Allah, make my life, their prayers and many prayers my deeds, my actions, all the Salahs (prayers) wishes answered on my speech, my we have missed, for you have missed, time, but how many behavior, my thoughts indeed the best of don't miss the to be only that which of us ACTUALLY action is prayer at the next one! pleases you! Ameen prescribed time. pray on time? Prayer is the cure DUA gets you through Prayer is an open line to The heartaches of this Allah. No network the hardest times in for a lost soul, dunya keep reminding us problem, no low battery, your LIFE because it that we should never confused mind, and no connection error, shifts your focus from good signals and have our hearts attached the problem to the a broken heart. all messages sent. to anything other than PROBLEM SOLVER! Allah in the first place. Allah sometimes If we look at our problems The aim of Ramadan, the month of as problems, they'll removes a person Ramadan is to Quran. Bring yourself closer continue to hold us down. to Allah by reciting His STOP bad habits. from your life for words. Recite, reflect and act See them as blessings in Not to pause them. your own good. upon what you learn. disguise and that's what Don't run after them. they will truly become. If you believe "And whosoever The DUA made at Ya Allah! that Allah can puts his trust in tahajjud is like an arrow which does not Allaah, then He will work it out, then Ramadan a turning suffice him." miss its target. there is NO NEED point of our life! [al-Talaaq 65:3] to stress it out! Pray more, Irrespective of who If a woman is free worry less! we are, where we're We NEED Allah. to show her body Without Him, in our life we from & how strong Relieve your are like a ship without a then why isn't she we are, EVERY soul compass, lost in a big ocean. heart from all shall taste death. free to cover it?

that stress...

[8 BENEFITS OF FASTING]

So what happens to our body when we fast?

ENHANCES BRAIN HEALTH

Fasting improves alertness, mood and mental clarity. It also reduces neuro-inflammation; protecting against neurodegenerative conditions such as Alzheimer's disease and Parkinson's.





SUPER CHARGES OUR ENERGY

Fasting has been shown to boost our energy levels as we use fat for energy instead of carbohydrates. This process happens steadily and consistently – meaning we have more energy and feel better.

WEIGHT LOSS

Several studies have shown that fasting is associated with weight loss. Fasting may increase metabolism and help preserve muscle tissue to reduce body weight and body fat.





/ IMPROVED BLOOD SUGAR CONTROL

Fasting improves insulin sensitivity - leading to better regulation of blood sugar levels which is important to reduce insulin resistance which reduces the risk of many diseases, including diabetes and heart disease.

SELF-CLEANSING OF CELLS (AUTOPHAGY)

Autophagy breaks down and recycles damaged cells in our body. Increased autophagy may provide protection against several diseases, including cancer and Alzheimer's disease.



IMPROVES HEART HEALTH

Fasting has been associated with a lower risk of coronary heart disease and may help lower blood pressure, triglycerides and cholesterol levels.

IMPROVES GUT HEALTH

Fasting gives your overworked gut a break from energy-intensive tasks like digesting food. This can influence the balance of beneficial gut flora that protects against insulin resistance reducing the risk of diabetes.





FIGHTS INFLAMMATION

Some studies have found that fasting can help decrease levels of inflammation in the body and help promote better health.

Here at the Islamic Bulletin, we thought what better way to break fast than with the Traffic Light Soup. Three internationally different types of soup that are equally fast, pleasing to the eye, and most importantly, delicious. If you're having a big Iftar, these soups are perfect to satisfy different tastebuds. Or, if it's for you and your family, try a different one each day. Whatever your pleasure, the Traffic Light Soup is sure to entice and please the tastebuds.

Cooks

Bismillah, and enjoy, Cooks Corner

Italian Tomato Soup

- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- A pinch of red pepper flakes
- 2 thinly sliced garlic cloves
- 1/2 cup minced onion
- 1 (28-ounce) can whole plum tomatoes,
- crushed by hand, with juices
- 2 sprigs fresh basil
- 1/3 pound (about 6 ounces) of fresh or stale rustic bread, cut into 1-inch chunks
- 2 cups Meat or Vegetable Stock
- Kosher salt and black pepper

 1.In a large saucepan, heat 2 tab
- 1.In a large saucepan, heat 2 tablespoons olive oil over medium heat until shimmering. Add red pepper flakes and garlic. Cook, stirring, until garlic just begins to turn golden. Add onion and cook, stirring until softened, about 5 minutes. Add crushed tomatoeswith juices, along with basil sprigs, and bring to a simmer.
- 2. Stir in bread. Ladle stock on top, stirring to combine. Simmer bread, adding more stock as needed, until bread is completely softened and soup has thickened to a porridge-like consistency, about 25 minutes. Season with salt and pepper.
- 3. Spoon into bowls, drizzle generously with olive oil, and grind black pepper on top. Garnish with basil leaves and serve.

Moroccan Harira Soup

- 1/2 pound of meat of your choice chopped into
- 1/2-inch pieces
- 3 tablespoons vegetable oil
- 3 cups water
- 2 to 3 tablespoons dried lentils
- 3 tablespoons tomato paste (mixed evenly into 1 or 2 cups of water)
- 1 teaspoon ground cinnamon
- 1 tablespoon ground ginger
- 1 1/2 teaspoons pepper
- 1 tablespoon Kosher salt
- 1/2 teaspoon turmeric
- 1/4 cup of finely chopped cilantro
- 1/4 cup of finely chopped parsley
- 1 to 2 stalks of finely chopped celery (with leaves)
- 1 large onion (grated)
- 1 handful of dried chickpeas (soaked and then peeled)
- 6 large tomatoes (about 2 pounds; peeled, seeded and pureed)
- 1. Brown your choice of meat in a pot.
- 2. Add cilantro, parsley, celery, onion, chickpeas, spices and tomatoes into pot. Stir in
- 3 cups of water.3. Cook on medium-high heat for 20 to 30
- minutes stirring occasionally.

 4. Add lentils, tomato paste mixture, and 8 cups of water. Cover the pot and cook over medium
- 5. Make a soup thickener by mixing together 1 cup of flour with 2 cups of water. Set the mixture aside, and stir or whisk it occasionally.
- (The flour will eventually blend with the water).
 6. Bring the soup to a full simmer. Slowly and in a thin stream pour in the flour mixture. Stir constantly and keep the soup simmering so the flour doesn't stick to the bottom. You will notice the soup beginning to thicken when you've used
- approximately half the flour mixture. The thickness of harira is up to you. Some like to thicken the broth so that it achieves a cream-like consistency.
- 9. Simmer the thickened soup, stirring occasionally, for 5 to 10 minutes to cook off the taste of the flour. Remove the soup from the heat and serve with some parsley.

Syrian Spinach Soup

- 1/4 cup olive oil
- 2 large onions, peeled and chopped
- 4 large garlic cloves, peeled and minced
- 2 pounds fresh spinach, washed, stemmed and coarsely chopped or 20 ounces frozen spinach, thawed and squeezed dry.
- 7–8 cups vegetable broth or low-salt chicken broth
- 3/4 cup raw basmati rice or another long
- 2 teaspoons kosher salt
- Fresh ground black pepper, to taste
- 1/2 cup packed fresh mint leaves, chopped
- 2–3 cups plain yogurt
- Optional Garnish: Mint sprigs for each bowl
- 1. Heat oil in a large pot or dutch oven over medium-low heat.
- 2. Cook onion and garlic until softened, about 8 minutes (don't let them brown).
- 3. Add spinach in batches, stirring and wilting the first batch to make room for the rest. If using frozen spinach, simply add it and proceed.
- 4. When all the the spinach is wilted, about 5 minutes, add 7 cups of broth, rice, salt and pepper. Bring to a boil. Quickly lower to a simmer and cook, covered, for 15 minutes. Stir in fresh mint and cook,
- covered, for an additional 5 minutes.
 4. Using a hand blender, pulse soup to your desired consistency.
- 5. Stir 1-2 cups of yogurt to taste.
- 6. Serve hot or chilled. Ladle into bowls and garnish each bowl with 2 tablespoons of yogurt and a sprig of mint.





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